

Validity Pilates

Pilates offers a holistic approach to fitness, focusing on core strength, flexibility, and mind-body connection. Through controlled movements and breath work, Pilates improves posture, enhances muscle tone, and reduces the risk of injury. Regular practice can alleviate back pain, increase balance, and boost overall energy levels.

Experience a stronger, leaner, and more flexible body while cultivating mindfulness and stress relief. Discover the transformative benefits of Pilates and take the first step towards a healthier, more balanced life.

Suitable for all fitness levels, Pilates is easily modified to meet individual needs, making it ideal for beginners and advanced practitioners alike.

Sundays 04 October - 28 March

8:00 am - 8:45 am

Nightcliff Community Centre - Boab Room

18 Bauhinia Street, Nightcliff

No bookings required!

Instructor: Qiurun Liu - Blair Pilates & Yoga

E - lqram1990@gmail.com



To find out more about this activity,
contact the instructor directly.

Only \$5 per session!

To find out more about Healthy Darwin:

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